



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Köhler, Benedict

Club: Krefeld

Number: 403

Course: 22.75 km

Halbmarathon

Category:

Männer (20-29 Jahre)

Total time: 2:03:44

Speed: 10.67 km/h

Running performance: 5:26 min/km

Rank in course/Total: 75 (of 244)

Rank in course/Men: 63 (of 177)

Best time in course: 1:31:43

Rank in category: 5(of 8)

Best time in the category: 1:47:03

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	16:53	5:11	5	2:24	65	4:55	3.25	16:53	5:11	5	2:24	65	4:55
Lap 2	3.25	16:55	5:12	5	2:26	66	4:20	6.50	33:48	5:11	5	4:44	67	9:15
Lap 3	3.25	17:00	5:13	5	1:57	55	4:16	9.75	50:48	5:12	5	6:41	62	13:03
Lap 4	3.25	17:18	5:19	5	2:00	50	4:05	13.00	1:08:06	5:14	5	8:28	58	16:55
Lap 5	3.25	17:16	5:18	3	1:30	44	4:00	16.25	1:25:22	5:15	5	9:58	54	20:25
Lap 6	3.25	18:26	5:40	3	2:34	62	5:05	19.50	1:43:48	5:19	5	12:32	55	25:06
Last lap Finish	3.25	19:56	6:08	5	4:09	93	7:08	22.75	2:03:44	5:26	5	16:41	63	32:01